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**SHEEN SEEKS HELP AFTER** WILD WEEK (page 16)



**EDMONTON** metr

Monday, January 31, 2011 www.metronews.ca



News worth sharing.

## Albertan a witness to chaos

Frank Naboulsi has lived in Egypt for four years • He was the general manager of the Fairmont Palliser in Calgary for six years



While standing guard outside the hotel he manages, Albertan Frank Naboulsi said he could hear gunshots ringing out from across the Nile River.

As the vice-president and general manager of the Fairmont Nile City in Cairo, Naboulsi said he's experiencing Egypt's anti-government protests first-hand, but

"Unfortunately, when you have the circumstances that have taken place in Egypt with everyone demonstrating, everyone is taking the law into their own hands," he said. "If we don't show a strong stand, what they do is they enter buildings, take whatever they want, then put it on fire."

At home in Edmonton, Naboulsi's wife, Lisa, said she's confident her husband is safe but worries about the future of his industry.

"I'm more worried about what's going

### **Fairmont Nile City**

- Frank Naboulsi said several guests at the Fairmont Nile City are still going sightseeing during the day.
- However, he said the guests are contained to the hotel during the evening.
- No guests or staff at the hotel have been injured.

to happen five or six months down the road, when there's no business in Egypt and all the hotels are empty."

Naboulsi said while the tourists staving at his hotel are safe, many are choosing to leave the country, dealing a blow to

Egypt's tourism industry.

"At this point, we need the government to start taking control of the streets and put the laws back in place so we can start to operate again," he said. "There is turmoil, we can't deny that, but at the end of the day Egypt will rebound as it always has and Cairo will still be a destination for a lot of travellers."



## League's best lace 'em up

Team Lidstrom won the 58th edition of the all-star game 11-10. Story, page 24.

## Pet or partner, who to choose?

14% would ditch sweetheart for furry friend, poll finds (page 17)

## **Democracy** plea amplifies

Military moves in to quell anarchy in Cairo (page 6)







## Woman says her partner is 'not a terrorist'

The common-law wife of a Canadian man suspected of supporting a terrorist group says her husband is innocent. Cara Rain says Sayfildin Tahir Sharif "is not a terrorist" but a kind, generous family man.

"The man I have known and become to love would never and could never hurt a fly, never mind the things he is being accused of," said Rain in a statement released through Sharif's lawyer. Sharif, a 38-year-old Iraqi Canadian, was arrested by the RCMP in Edmonton last month at the request of the FBI.

He is charged in the U.S. with supporting a multinational terrorist network that took part in a suicide bombing that killed five American soldiers in Iraq.

## Health care debate heating up

Independent MLA Raj Sherman kicked off town hall meetings about Alberta's health-care system on Saturday in Calgary, aiming to challenge provincial party leaders to a debate.

He said Liberal Leader David Swann has a clue about health care, but that outgoing Premier Ed Stelmach and Tory leadership candidates don't.

Wildrose Alliance Leader Danielle Smith issued a statement Saturday night, supporting debate over the issue. Sherman was kicked out of the Conservative caucus in November for criticizing the party's handling of health care. • METRO



# Leadership fight will define Tories

Wildrose Alliance has just 4 members in the 83-seat legislature
 But they're matching the Tories in public opinion polls

After getting knocked for a loop last week, Alberta's Progressive Conservatives now awake to a potentially divisive leadership race, but one that will ultimately decide what they stand for, say political scientists.

"This is a party at a crossroads," says Doreen Barrie, a political scientist at the University of Calgary.

gary.
"What they're now faced with is whether they really are a right-wing government.

"And they'll be defining themselves ideologi-

cally as a right-wing government if they go with Ted Morton."

Morton, the 61-year-old finance minister and staunch fiscal conservative, was the first cabinet minister last week to quit his portfolio and sign up for the race to replace outgoing Premier Ed Stelmach.

Stelmach, just three years removed from a massive majority election win, shocked his caucus on Tuesday when he said he will resign after the spring session.

Reports say that Stel-

mach, saddled with a low popularity rating and a surging rival in the Wildrose Alliance, was getting heat from insiders to pull the plug, and that the last straw came when Morton threatened to resign rather than back another deficit budget.

Morton mocked those reports, but didn't specifically deny them either, and two days later he did indeed resign.

The race could be deja vu for the PCs.

Morton ran in 2006 in the race to replace Ralph Klein as premier, and it was fear that Morton would marginalize the party by taking it to the far right that sparked a push by moderates to elect Stelmach.

Political scientist Keith Brownsey says a lot has changed since then. The Alliance is threatening to usurp the Tories as Alberta's traditional fiscal conservatives.

They have an effective leader in Calgary businesswoman Danielle Smith and an organizing team composed of many former Tories.

news



Egypt experts agree that Hosni Mubarak is on his way out. Scan the code for the story.

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## News in brief



en vehicles involved in crash yesterday.

### **Door crasher** not the kind shopkeeper had in mind

CAR ACCIDENT. Afternoon shopping came to a crashing halt just after 12 p.m. yesterday.

A Buick slammed into Sabrina Butterfly Designs after hitting six other moving and parked vehicles, said owner Sabrina O'Donnell.

No one was seriously injured, but O'Donnell said the elderly man behind the wheel of the Buick was transported to hospital.

O'Donnell hopes she won't have to temporarily close her store, located on 112 Avenue and 65 Street, to replace the storefront.

### Orphaned boys get trust fund

FAIRVIEW. A trust fund has been created for five boys aged from 2 to 10 who lost their father in a crash just outside of Fairview last Friday. Alex Girvan, 43, died

while hauling logs to Grande Prairie. Custody of the orphaned boys has been granted to Girvan's mother.

Donations to the Family Trust for the Children of Allister Girvan can be made at Alberta Servus Credit Union branches.

### **Snowed under**

CALL 311. As of yesterday morning the City of Edmonton reported 103 of 270 neighbourhoods had been plowed.

All residential roads are expected to cleared by Saturday, Feb. 5. @ METRO

## AGA architecture a good art draw

AGA memberships more than triple in new space

Nearly 15,000 students took part in programs in 2010



Come for the architecture, stay for the art.

That's how the folks behind the Art Gallery of Alchalked up year-old space's popularity to at an anniversary event vesterday.

"Part of it is curiosity," said executive director Gilles Hebert of the 111,000 who visited last year, four times 2009's attendance.

"They come initially to see the building but come back to see the art," he said.

In addition to the milestone being marked today, the weekend saw the \$88million gallery open a con-



temporary Brian Jungen exhibit, crafted out of found objects from lawn chairs to garbage bins.

"We are by far the most ambitious gallery in the province in terms of our presentations and scale," said Hebert

Catherine Curator

Crowston lauds gallery's first year as a huge success, starting with two open houses drawing crowds of 5,000 a day even before the space opened. Maggie Mitchell, AGA

board member and gallery donor said she visits the space weekly, noting, "The

#### About the AGA

- Brian Jungen's Shapeshifter, Cetology and Carapace, the latter created partially on site, runs until May 8. Founded in 1924,
- the Art Gallery of Alberta's art collection includes more than 6,000 objects. The Randall Stoutdesigned AGA spans
- 85,000 square feet. including three levels of gallery, public space, offices and a restaurant.

arts enrich all of our lives."

Celebrations also in-cluded architect Randall Stout signing his book about the gallery's construction, while the mayor is slated to attend a reception today.





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## THE TOP 10 METROTUBES **OF 2010 ARE:**

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- The Office Dwight Schrute sings about Canada
- Iggy Investigates an iPad
- McNugget Rampage
- Don't Arque With an Ibex
- **Bigfoot and Timmy Peeler**
- Vulture: Betty Draper's Guide to Parenting

To see more Top 10's of 2010, visit metronews.ca/top10

metr⊕



## **Egypt's military** moves to take control of Cairo

Military has been generally welcomed unlike widely despised police Noted advocate calls for change

Egypt's most prominent reform advocate called yes-terday for President Hosni Mubarak to resign after the powerful military stepped up its presence across the anarchic capital, closing roads with tanks and sending F-16 fighter jets streaking over downtown Cairo.

The army's show of force appeared aimed at quelling looting, armed robbery and arson that broke out alongside pro-democracy protests and have turned the cultural heart of the Arab world into a tableau of once-unimaginable scenes of chaos.

The military made no at-

tempt to disperse some 5,000 protesters gathered at Tahrir Square, a plaza in the heart of downtown that protesters have occupied since Friday afternoon. They have violated the cur-few to call for the ouster of President Hosni Mubarak's regime, which they blame for poverty, unemployment, widespread corruption and police brutality.

Nobel Peace laureate
Mohamed ElBaradei ap-

peared in the square around 7 p.m.

"You are the owners of this revolution. You are the future," he told the cheering crowd.

THE ASSOCIATED PRESS

### Crisis continues

- Banks were closed on orders from Egypt's Central Bank, and the country's stock market was shut on what is normally the first day of the trading week.
- An unprecedented Internet cutoff remained in place for a third day. Gangs of armed men
- attacked at least four jails across Egypt before dawn, helping to free hundreds of Muslim militants and thousands of other inmates.
- The official death toll from five days of growing crisis stood at 74, with thousands iniured.

### CHARTER FLIGHTS

## Feds to fly **Canadians** out of Egypt

Canada has put a plan in motion to evacuate its citizens from Egypt as anti-government protests continue to rock the North African country.

Foreign Affairs Minister Lawrence Cannon says charter flights will begin to fly Canadians out of the country today.

He says those who chose to get on those

flights will be taken to locations in Europe and will be expected to make their own arrangements for onward travel.

The stranded Canadians will also have to repay the government for the price of the chartered flights.

Cannon says there have been no reports of Canadians injured or killed in the Egyptian demonstrations which are now in their sixth day. But he says Canada is now recommending that citizens leave Egypt.

THE CANADIAN PRESS

## Mom accused of murder back in iail

A Florida woman accused of killing her teenage son and daughter was released from a hospital late yesterday morning and taken back to jail.

Julie Powers Schenecker. 50, had been receiving treatment for an unknown medical condition that existed before her arrest Friday. She is scheduled to make her first court appearance to-

THE ASSOCIATED PRESS

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

# Death toll from train crash may rise: Officials

Most of the dead killed on impact, say German police
 Cause of tragedy still unclear
 Both trains caught fire

German authorities say the death toll could still rise from a head-on collision between a cargo train and a passenger train that killed at least 10 people, injured 23 others and left wreckage scattered across a frost-covered field.

The trains crashed in heavy fog late Saturday on a single-line track near the eastern German village of Hordorf, close to Saxony-Anhalt's state capital Magdeburg, vaulting the passenger train from the track and tipping it onto its side.

The front rows of the



first passenger compartment were crushed and several seats lay outside the train.

"The crash was so strong that the passenger train was catapulted off the tracks," Armin Friedrich, the police officer in charge of the rescue efforts, said at a news conference in Hordorf, about 200 kilometres southwest of Berlin, Germany's capital.

Nearly 200 police and rescue workers were sent to the crash site. It's one of the worst train accidents in Germany's history.

In 2006, 23 people were killed in a train accident in Emsland in northern Germany and 101 people died in 1998, when a high-speed train derailed near Eschede in Lower-Saxony.

THE ASSOCIATED PRESS



NG HAN GUAN/THE ASSOCIATED PRESS FI

## China ramps up for mass migration

Transportation officials in China say Lunar New Year holiday travel has been generally smooth ahead of the biggest travel days of the year. About 230 million people, more than the entire population of Brazil, are expected to take part in the world's biggest annual human migration. For many, it's the only chance they get to visit home all year. The Lunar New Year falls on Thursday.

## Mother charged with assault

A Barrie, Ont., mother is accused of inappropriately punishing her nine-year-old by using a scrub pad on the child's hands.

The 49-year-old mother of two was charged with assault causing bodily harm.

THE CANADIAN PRESS

## Outlawed leader returns

Rachid Ghanouchi, leader of the Tunisian Islamist party Ennahdha, returned home yesterday after two decades in exile. President Zine El Abidine Ben Ali was ousted by violent protests two weeks ago.

THE ASSOCIATED PRESS

## Election fever to rise, say analysts

Expect ballot-box fever to climb today when MPs return to Ottawa from their Christmas break. With the economy uppermost in voters' minds, analysts point out this might persuade Stephen Harper to call an election. THE CANADIAN PRESS



PILOT PROJECT PUT OUT

## Smoking shelter removed

A smoking shelter built as part of a pilot program at a Manitoba high school has been removed following an investigation by the province's education

Despite a 2008 ban on smoking on school property, the project was suggested as a way to deal with loitering in front of the school.

"This came as a complete and total surprise that this was even occurring," Education Minister Nancy Allan said earlier this month.

THE CANADIAN PRESS

# U.S. won't halt aid for Haiti despite deadlock



Riots broke out after disputed preliminary election results

The U.S. has no plans to halt aid to earthquake-ravaged Haiti in spite of an election crisis but does insist that the president's chosen successor be dropped from the race, U.S. Secretary of State Hillary Clinton said yesterday.

Only two candidates can go on to the delayed second round, now scheduled for March 20. The U.S. is backing an Organization of American States recommendation that the candidate from Rene Preval's party, government construction official Jude Celestin, should be left out.

The top U.S. official at the UN, Susan Rice, said recently "sustained support" from the U.S. required the OAS recommendations be implemented. Many Haitian "One of the ways we want to help them is by making sure that their political choices are respected."
U.S. SECRETARY OF STATE
HILLARY CHYPON

officials, including leaders of Preval's Unity party and rival candidate Michel Martelly, interpreted that to mean the U.S. was threatening an embargo and cutting off aid.

and cutting off aid.
Clinton flatly rebuffed that suggestion: "We're not talking about any of that," she said vesterday.

that," she said yesterday.

Asked if there were any set of circumstances that would prompt Washington to cut off aid, Clinton said, "At this point, no."

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## Oil, gold surge in wake of **Egypt unrest**

Mideast, jobs, corporate results in spotlight this week • Analysts hope for job bounce from stimulus measures

Geopolitical concerns, corporate earnings and most particularly the latest reading on U.S. job creation will set the tone for stock markets this week.

Investors will be keeping a close watch on commodity prices, which surged on Friday after unrest in Egypt threatened to spread across the Mid-dle East. Traders ended last week by piling into resource stocks, oil and gold futures and other traditional safe havens.

Meanwhile, employment reports for Canada and the U.S. come out on Friday and hopes are high that the data will show job creation is still on

"I think in order for confidence to come back ..

### Eye on earnings

- Geopolitical uncertainty going into the weekend sent oil surging almost \$4 US and gold up just under \$22 US.
- Investors will look to corporate earnings this week, as Imperial Oil releases results today and Suncor Energy reports on Wednesday.
- The market consensus for year-over-year earnings growth is more than 20 per cent. Mackenzie Financial's Norman Raschkowan says.

you really need to see improvements in the employ-ment picture," said Raschkowan, Norman North American strategist Mackenzie Financial

Expectations for January are relatively modest at about 150,000 new jobs in the U.S.

However, Michael Gregory, senior economist at BMO Capital Markets, noted that stimulus measures by the U.S. government late last year could give the numbers a boost.

As for Canada, Gregory expects to see more of the same kind of job creation sustained over the past few months. "We've seen job growth

bounce around between 10,000 and 20,000 per month, which is not bad. Not a boom, but a solid steady pace, and that's the kind of number we see," he said.

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## Legal beef is bull, fast-food giant insists

Taco Bell launched a massive ad campaign on Friday to counter a class-action lawsuit filed in California charging its filling doesn't have enough beef to be called that. The chain took out full-page newspaper ads trumpeting, "Thank you for suing us. Here's the truth about our seasoned beef." It also released a YouTube video.

### Market moment TSX Dollar Oil Natural gas 1,000 cu ft \$4.343 (+ 0.02¢) Gold (\$89.34 US) (+ \$21.90

## Mideast stocks drop

The losses, led by a drop of 4.3 per cent in regional business hub Dubai, reflect concerns that unrest in Egypt, Tunisia and Yemen could spread. Egypt's market remained closed.

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## KEEPING COUNCILLORS' SALARIES IN LINE



10

Well, the mayor got it right twice last week. He has apologized for the boondoggle of snow removal that has plagued us for the past few weeks. Now we have a target of Feb. 6 for all residential streets to be cleared.

can only hope that, for once, someone is required to take accountability for what has happened thus far. Waiting for the weather to get warmer is hardly an effective solution to the mounds of snow that are making just about all our lives miserable.

The only good thing for me that has come from all the snow is that I got to see what a helpful bunch of neighbours I have.

They stepped up to the plate and would be. In 2009, the average helped me get my car unstuck

twice. My street has ruts so deep you cannot get out of them once you're in them and my back lane is just a trap in waiting.

The second thing the mayor got right was his assertion that a 4.4 per cent increase in the councillors' and the mayor's salary would not be a good thing right now. A 4.4 per cent increase doesn't sound

like much, but doing the math shows just how big the increase weekly salary (including

overtime) in Alberta was \$917.48. A 4.6 per cent increase would amount to with councillors' about \$42. That's not an amount that's using the Alberta worth writing home about. Average Weekly But let's take

a look at what it would mean to a councillor's salary. A 4.6 per cent increase for them would result in a pay increase of

about \$3,670, taking their salary to \$83,647. Now that's an

increase that would make most of us happy as clams. But it gets even better

One-third of their increased salary would still be tax free. The federal tax saving would be more than \$9,000. That means a councillor would actually be receiving more than \$92,000 per year. But it gets even better.

Add to that number the more than \$6,500 car allowance councillors receive and you are pushing close to \$100,000 per year.

There has to be a better way of dealing with councillors' salaries than using the Alberta Average Weekly Earning index. Perhaps their salaries should be tied to the growth of the city. One per cent growth would amount to a one per cent increase and so on. At least then increases would be tied to greater responsibility.

Cartoon

## Small-screen favourites



## Letters

**Tweets** 

We asked: What's your favourite TV sitcom?

@trudi\_e: Maude. It even had an awesome song. **@MissPeachyBum:** My favourite TV by far has to be The Big Bang Theory. Finally, a show for people like me!

@rorylallin: the first 10 years of the simpsons is the greatest sitcom of all

@dwjones83: would i be looked at funny if i said Family Matters? lol. @benjamin\_esau: Oh, The Big Bang Theory for sure. Finally, a show I can relate

@Projectwitz: Episodes on showtime has quickly become my current favourite.

## No flipping

"There has to

be a better

way of dealing

salaries than

Earning index.

Perhaps their

salaries should

be tied to

the growth

of the city."



@dukesterHFX: my favourite sitcom had to be

Gilligan's Island. @mikeatqazam: there are a lot of good sitcoms but my

fave is Cougartown. Great actors, great writing, and Courteney Cox is a comic genius. @crestsofwaves: Everybody

Loves Raymond, 8 Šimple Rules

@glorified gv: Cosby.

Cheers. Arrested Dev. Seinfeld. Seen every ep. Night Court ... maybe? @velvetdress4U: Man hands. Low talker. Of course it's Seinfeld!

@JulesMBurke: Modern Family is my fav sitcom!! **@pennyroyal00:** Favourite sitcom is Reba.

@jla30: Definitely has to be Friends. I still love watching the reruns.

What is the **funniest Twitter** feed vou follow? **Email** edmontonletters @metronews.ca **Twitter** @metroedmonton

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## technology talk

wireless Internet firmly planted in current and future classrooms of Edmonton School Board, perhaps it's time to hear from an expert on the use of technology to enhance academic performance. A session tonight with Prof. Dave Edyburn from the University of Wisconsin-Milwaukee provide practical strategies and tools for using technology at home in ways that will help children learn. The session, geared for parents of children in Grade 4 or higher, will be held from 7 to 9 p.m. in the McCauley Chambers at the Centre for Education. Sign-in begins at 6:30 p.m. Attendance is free, but visit tinvurl.com /Edyburn or call 780-429-8040 to register beforehand. • HEATHER MCINTYRE



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Facebook co-founder Mark Zuckerberg and

doppelganger Jesse Eisenberg, pictured, made friends on Sat

urday Night Live.

Zuckerberg joined

host Eisenberg for the

opening monologue

of the show Saturday.

The two said they had

never met, despite

Eisenberg playing

Zuckerberg in the

nominated film.

widely hailed Oscar-

Eisenberg told Zucker-berg that he liked him

on 60 Minutes and

then asked if he had

seen The Social Net-

work. Zuckerberg,

who has called the

film inaccurate, responded that he

had seen the film and

that it was "interest-

THE ASSOCIATED PRESS

Network

## The bestsellers' advice

Between them they have sold millions of self-help books O So we asked the biggest names for all the answers • Choose the voice that suits you best and then follow-up with one of their books



The comedian/relationship guru sold millions of his first book, Act Like a Lady

## STEVE HARVEY

How can I be happy?

You should never look for a person to make you happy. No one can make you happy first. No one can take you from a miserable state of being, and make you happy.

If you are waiting for someone to make you happy you are going to be disappointed.

You should merely be finding someone that completes you

compliments you. See, if you focus on your own personal happiness, your own personal growth then you yourself become happy. Finding

happiness then is not as much of a challenge for I think one of the best

ways to do this is to revert to the old-fashion way of communicating. Reduce your use of

emails and texting to your significant other.

Get back to talking. by leaving voice messages. That clears up a lot of confusion because texting/emailing has no emotion.

All you can do is put a smiley face with it, or capitalize the message, and often times those things can be taken wrong.

You've got to get back to some basic wavs of communicating, especially Straight Talk, face-to-face meet-

> What could the world at large do, collectively, to make the planet a better place?

There is only one answer for that. If everybody had a wonderful relationship with their creator, their God, it would make everything

I unfortunately don't think that is ever going to happen, but that is the only solution I have.

## LEO BABAUTA

THE CREATOR OF ZEN HABITS, A BLOG WITH 200,000 VISITORS, BABAUTA URGES READERS TO SIMPLIFY THEIR LIVES. HIS LAT-EST BOOK, FOCUS, IS "ABOUT FINDING SIMPLICITY IN THIS AGE OF DISTRACTION." THERE'S A FREE VERSION AVAILABLE AT FOCUSMANIFESTO.COM.

I'm busy but also always seem to have time to goof off online. So how do I free myself from distraction?

Create space in your life. Cancel a few commitments, add space into your schedule, get rid of some to-do items and focus on fewer projects. Make space to breathe, to reflect, to

find solitude, to create. It's one of the most important things you can

What can the world at large do, collectively, to free itself? Promote minimalism. It's not a life where you live with as little as possible.

It's a life where the focus isn't on consuming



and spending, but on connecting with others - creating, enriching your life and the lives of others.

It's also a life where we consume less and have less of an impact on the Earth.

## TIMOTHY FERRISS

LAUGH ALL YOU WANT AT HIS BOOK TITLES: THE 4-HOUR WORKWEEK: ESCAPE 9-5, LIVE ANYWHERE, AND JOIN THE NEW RICH AND THE 4-HOUR BODY: AN UNCOMMON GUIDE TO RAPID FAT-LOSS, INCREDIBLE SEX, AND BECOMING SUPERHUMAN. FERRISS HAS A HUGE FOLLOWING (AND A SIX PACK).

How can I find time to focus on happiness?

Experiment with a lowcost virtual assistant (VA). What would you do if you have three-day weekends for the rest of your life? If you can save just eight hours per week with a VA that's effectively what you've done. If you make

\$50,000 per year, you make approximately \$25/hour, assuming two weeks of vacation annuallv. Just cut the last three zeroes off of your income and halve the remaining number to estimate your hourly income.

If you find someone for \$5 per hour, that is a mini-



mum 400 per cent returnon-investment, not to mention your newfound free time. Time is your most valuable, non-renewable resource. Check out trvasksundav.com or elance.com for options.

## MARIANNE WILLIAMSON

ANOTHER OF OPRAH'S FAVOURITE THINGS IS A COURSE IN WEIGHT LOSS, BY WILLIAMSON, WHICH LOOKS AT THE PSYCHOL-OGY BEHIND WHY WE EAT, WITH A DOSE OF GOD AND MIRACLES. IT'S THE NO. 1 BOOK IN AMAZON'S SELF-HELP DEPARTMENT.

In the book, you sound blissfully happy. Where can I get some of that?

The best thing you can do to find happiness — the best thing you can do to find anything, really — is to give it away. Happiness isn't something that happens to you; it's a mental decision that someone has to make. If you're looking for something to be happy about, you can usually find it. If you try to bring a smile to others, then you'll end up smiling yourself. But if you expect the world to make you happy, then that usually won't work



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## Critics loved Like Crazy

### Sundance shines on lovers 2011 dubbed Year of Actress

A film about young lovers in a long-distance relationship called Like Crazy was awarded the grand jury prize for a U.S. drama at the 2011 Sundance Film Festival.

Its star, Felicity Jones, also received a special jury prize for acting in the movie.

America Ferrera pre-sented the acting award to Jones, who was not in attendance at the Saturday

#### 30 Years

The Sundance Film Festival hit its 30-year milestone this year.

- **Founded by Robert** Redford, the festival was started to promote independent cinema.
- Hosted in Park City, Utah, the festival wrapped this year on Saturday.

night ceremony, saying "the 2011 Sundance Film Festival will go down as the year of the actress."

Peter D Richardson's film How to die in Oregon won the grand jury documentary prize. It follows terminally ill patients living in Oregon, the first state to legalize physician-assisted suicide.

Also recognized were Mike Cahill and Brit Marling's sci-fi film Another Earth, which won a dramatic special jury prize and the Alfred P. Sloan award. Cahill, who directed and cowrote the movie, said "this is the

greatest week of our lives." The film is about two strangers brought together

the night before the discovery of a duplicate Earth.

The Festival's Awards

made

THE ASSOCIATED PRESS

Ceremony was hosted by ac-tor Tim Blake Nelson, who appears in comedic heist film Flypaper, which

premiered at Sun-

dance. Nelson told the audience, you win toprize day, that's fantastic. Congratulations.

But if you don't, persevere because if you have it far,

trust me, your film will find a home



## King's speech

an upset win Saturday for the top film honour at the Directors Guild of America Awards for The King's Speech.

Hooper won out over David Fincher for The Social Network, who had been considered the favourite for Hollywood's main directing prizes.

The Academy Award are Feb. 27. THE ASSOCIATED PRESS





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## Dexter's killer year

Now cancer-free, TV's darling sociopath shares how he kept his personal health a secret from his cast • And the odd requests he gets from fans



After five seasons and countless victims, Michael C. Hall has gotten used to playing serial killer-killing serial killer Dexter Morgan on Dexter.

And after the announcement a year ago that he was undergoing treatment for lymphoma, Hall is getting used to being cancer-free.

He spoke with Metro about keeping his health problems a secret, playing a sociopath and why the death and dismemberment of Dexter doesn't bother

#### Your cancer is fully in remission, but is it true you didn't tell anvone on the show about it at first?

I found out about it while

we were shooting the 10th of 12 episodes of the fourth

Everybody is exhausted at that point, so if I seemed tired, I don't think it seemed suspicious.

I wanted to get as much information as possible and make as many decisions as possible before I let anyone know about it. But because I had some personal appearances, I knew people would ask questions about my eyebrow-lessness.

#### Is it fair to say Dexter doesn't feel emotions?

I think we're meant to be suspicious of Dexter's claim at the beginning that he doesn't have the capacity for emotion.

#### Do you see him as a villain or a hero?

There's a sort of magical fantastical element to the

ichael C. Hall: He's OK with severed body parts.

show and to the world of the show — to see him as a

#### Did you ever consider yourself a squeamish person, and has that changed?

Not really, no. If we had real severed body parts, I would lose my lunch as soon as anybody.

But if I know it's fake, I can really appreciate how much I can endow it with

When you watch the show yourself, are you critical or can you enjoy it?

#### What kind of attention do you get from people in public?

Some people say, "You know, if you run out of people to kill, I have... (laughs). And I stop them. I don't want to know. And you don't want to tell me, not that I'm going to kill them.



## **Rob Lowe hits high** in roller-coaster life

Rob Lowe is shaking things up in his career and so far the moves are paying off.

"If you're lucky enough to stick around, you go through all of it." ROB LOWE, 46-YEAR-OLD ACTOR

The 46-year-old has a

new film called I Melt With

You, which debuted at the

Sundance Film Festival this

Brothers and Sisters last spring and joined NBC's

Thursday-night s Parks and Recreation.

He left the ABC drama

He also has a guest spot on the new season of Show-time's Californication. And on top of all that, he's releasing a memoir in May. "At the moment, I feel really fulfilled," Lowe says, but is also aware show business can be a roller-coaster ride. "The thing about a long career is you go through periods where you're unfulfilled, you go through periods where you're hot and you're cold. If you're

lucky enough to stick around, you go through all

I Melt With You is about a group of guy friends who

get together for a yearly

bonding weekend. The trip turns serious when they

open up and begin to question the way their lives have unfolded. The film has received mixed reviews at

Sundance, which Lowe says

is fine with him. "So much of our business today is safe," he says. "They'll sac-

rifice quality, humour, drama, budget, you name it,

and throw it under the bus

to add one more set of eveballs. This movie doesn't."

of it."

sitcom

past week.

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## After a month, Oprah's OWN weeds winners from losers

More new shows are on the way for the one-month-old Oprah Winfrey Network. An average of 297,000 viewers are watching OWN in prime time, and on average 145,000 tuned in the full day, according to Nielson Co. data.

The Oprah Winfrey Network has grown its primetime audience by one-third over the network it replaced. OWN's all-day viewership is up 25 per cent over the year-ago audience for Discovery Health, the channel OWN claimed when it signed on Jan. 1.

Oprah Winfrey ends her

weekday talk show this spring. Least popular of OWN's first seven series is Oprah's Search for the Next TV Star.

In February, the network will introduce Our America With Lisa Ling, as well as What Would You Do?, an acquisition from ABC News, plus two more reallife series: Breaking Down the Bars, which takes viewers into a women's prison, and Searching For..., which follows the work of a professional investigative genealogist.

A show similar to ABC's View has

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#### **Celebrity tweets**



James Cameron [@Jim Cameron 1 never tweet

ed before because I'm a long winded blowhard. and they don't allow enough characters.



heimerJB] Billboards all over LA for The Beatles on iTunes time to update the office



.eonardo **DiCaprio** [@Leo

DiCapriol Start shoot-

ing J. Edgar Hoover story on Feb. 5th, look forward to working on more eco projects this year too.



Tom Arnold [@Tom Arnold1 Loved Black

Jerry Bruck-

heimer

(A) Bruck

Swan although it could have been funnier.. METRO

## FEBRUARY 4 - 10, 2011 ONE WEEK ONLY MIN A PAIR OF PASSES TO SEE ANY FILM BAT THE GREAT DIGITAL FILM FESTIVAL FROM FEBRUARY 4TH UNTIL FEBRUARY 10TH 2011! VISIT CINEPLEX.COM/EVENTS FOR TICKETS AND FILM DETAILS. CHECK OUT THE 6:30PM SCREENING OF ALIEN ON FEBRUARY 3RD AT THE SCOTIABANK THEATRE EDMONTON, #300, 8882-170 STREET. METRO WILL SCON SUFFEROM 6:20PM GIVING AWAY AWESOM



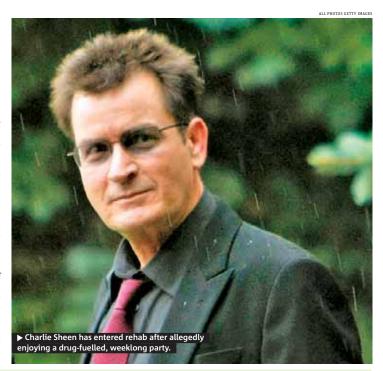
## Charlie Sheen checks himself into rehab

## Follows hospital stay for 'abdominal trouble' But actor says: 'I'm fine'

After allegedly enjoying a drug-fuelled, weeklong party that ended with him in the hospital for "abdomtrouble," Charlie inal Sheen checked himself into rehab over the weekend, putting production for his hit sitcom, Two and a Half Men, on hiatus, according to Radar Online.

"Charlie Sheen has voluntarily entered an undisclosed rehabilitation centre," his rep said in a statement.

But Sheen himself thinks everyone needs to relax. "I'm fine," Sheen reportedly said in a text message to the website. "People don't seem to get it. Guy can't have a great time and do his job also?"



## Lisa Marie Presley didn't collapse from dieting: Rep



Lisa Marie Presley's rep is slamming a report by the National Enquirer that Presley collapsed from too much dieting.

"It is absolutely and completely untrue," her rep says. "The Enquirer puts Lisa on the cover every few months with manipulated photos and horrendous stories of supposed 'meltdowns,' and has since she can remember. She is happy and healthy and working hard." • METRO

## **Kim Cattrall's secrets** to keeping fit at 54

STAYING IN SHAPE. Kim Cattrall admits that staying in shape gets harder as she gets older. But the 54year-old actress admits daily exer-cise and drinking of water lots served have her well. "I've been

Kim Cattrall

dieting my whole life because I have tremendous appetite," she tells People magazine

"It gets harder because parts of my body don't want to be on a diet, but at the same time gets me up in the morning to work

out.' METRO





● Although 84 per cent of current pet owners say they would pick their spouse over their pet, 14 per cent say their significant other would have to go if the choice had to be made







The Rosenthal family with their dogs Leo and Roxy. The family had to make the decision to give up their other dog Princess, who kept escaping from the backyard. Fifty-seven per cent of adults have had to give up a pet at some point in their lives.

# Would you choose your loved one or pet?

Your sweetheart or your furry friend. If it came right down to it, who would you choose to dump if one had to go?

Most current pet owners said they would hold on to their significant other (84 per cent), but a sizable 14

### "I couldn't give up my son, so that was it."

CHRISTOPHER J. HAMPTON, 67, ON GIVING UP A DOG HE HAD RAISED FROM A PUP WHEN HE DISCOVERED IT AFFECTED HIS SON'S ASTHMA per cent picked their pet, according to an AP-Pet-side.com poll.

The poll revealed that those who were unmarried were more apt to choose their pet over their mate — 25 per cent among unmarried pet owners versus eight per cent among the married.

Count Fidel Martinez from Akron, Ohio, as forever loyal to Killer. That's his mix-breed rescue dog.

"I would absolutely give up my girlfriend for him," Martinez said. "I know it sounds insane but I've had numerous relationships with women. My dog has never let me down."

Women are more apt than men to say the human-pet choice would be tough (40 per cent among women compared with 26 per cent among men).

Both genders were equally likely to go with their spouse or significant other, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

Giving up a pet for any

reason can be really tough — unless you are the owners of Princess the canine escape artist.

David Rosenthal and his family in Missouri City, Tex., were ready with what they considered an ideal fenced backyard when they welcomed the two-year-old American Eskimo from a shelter. Then things went left

"She kept getting away," he said. "It would usually take about an hour or so to corral her."

Even worse, the 49-year-

old Rosenthal discovered the hard way that the bushy sago palm plants in the backyard were poisonous to dogs. Princess sampled them and nearly died.

"Plus, she was nipping at kids." said Rosenthal. So off Princess went, back to the shelter. "It was sad but we knew there was already somebody there to adopt her." The Rosenthals now have two other dogs.

About 57 per cent of adults have had to give up a pet at some point in their lives. The ASSOCIATED PRESS

life

#### A milestone



Next year is the 50th anniversary of the first Berenstain Bears book. The gentle stories are inspired by the Berenstain family — first from the children and now the grandchildren.

the grandchildren.
Stan and Jan
Berenstain created
hundreds of books
until Stan Berenstain's death in
2005. Their son
Mike collaborates
with his mother on
new books.

THE ASSOCIATED PRESS





## The quintessential winter dish

## • Chili is the ideal comfort food to serve for lunch or dinner when the thermometer dips into freezing range

This All-or-Nothing chili is worthy of serving on a freezing day or at a Super Bowl party

Bowl party.

The chili starts with an intense base of toasted seasonings, some classics, some not — cumin, cinnamon, cayenne, smoked paprika, instant coffee, mustard powder, ginger and garlic powder. From there, you build up. First, with some oil and onion then fresh garlic.

Once you have some serious flavour going, it's time to turn to the star — the meat. But why settle for just one? This recipe combines chopped flank steak, shredded pork tenderloin and, for good measure, ground buffalo.

Once the meat starts to brown, in go the canned tomatoes, liquid smoke, a bit of beef broth, a beer and a couple rinds from Parmesan cheese.

That last one isn't an essential ingredient, and it

really only works if you happen to have rinds kicking around the refrigerator. But if you do have some, letting them simmer in the chili effortlessly adds an incredible rich, savoury flavour.

#### **Preparation:**

- In a food processor, combine pork tenderloin and flank steak. Pulse until chopped but not ground. Set aside.
- In a large, dry stockpot over medium heat, combine cumin, cinnamon, cayenne, paprika, chili powder, coffee powder, mustard, ginger and garlic powder. Toast seasonings, stirring constantly, until fragrant. Transfer seasonings to small bowl and set aside.
- Return stockpot to burner over medium-high.

Add oil and heat, then add onion. Sauté until onion is just tender, 3 to 4 minutes. Add garlic and sauté for another minute.

- Add chopped pork tenderloin, flank steak and ground buffalo. Cook until meat begins to brown, 6 to 8 minutes.
- 5 Add reserved spice blend, beer, both cans of tomatoes, beef broth, liquid smoke and Parmesan rinds, if using. Bring to a simmer, then reduce heat to maintain a gentle bubble. Cover and cook, stirring occasionally, for 30 minutes.
- Spoon out and discard
  Parmesan rinds. Stir in
  lime juice and hot sauce,
  then season with salt
  and pepper. Serve
  topped with sour cream
  and cilantro.

THE ASSOCIATED PRESS



#### **Ingredients:**

- 750 g (1 1/2 lb) pork tenderloin, cut into 2.5-cm (1-inch) chunks
- 750 g (1 1/2 lb) flank steak, cut into 1-cm (1/2-inch) strips
- 10 ml (2 tsp) cumin
- 5 ml (1 tsp) cinnamon • 2 ml (1/2 tsp) cayenne pep-
- 10 ml (2 tsp) smoked paprika
- 15 ml (1 tbsp) chili powder
  15 ml (1 tbsp) instant cof-
- fee powder
- 5 ml (1 tsp) mustard powder
- 2 ml (1/2 tsp) ground ginger
- 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) canol oil
- 2 yellow onions, diced4 cloves garlic, minced
- 500 g (1 lb) ground buffalo
- 1 bottle (341 ml/12 oz) Corona or other pale beer
- 1 can (796 ml/28 oz) diced tomatoes
- 1 can (398 ml/14 oz)
- crushed tomatoes
- 250 ml (1 cup) beef broth
  5 ml (1 tsp) liquid smoke
- Rinds from chunks of
- Parmesan cheese (optional)
- 30 ml (2 tbsp) lime juice
- 2 ml (1/2 tsp) hot sauce (more or less to taste)
- Salt and ground pepper
- Sour cream, to serve
- Chopped fresh cilantro

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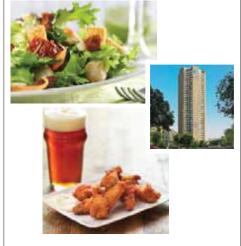
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# Forget sacrifice, try on innovation

### • Author of the Lazy Environmentalist offers his tips

PROBLEM: I'm all for the environment, but don't like it when people get so strict about it.

**SOLUTION:** Me too. All that gloom-and-doom and mor-alizing about polar bears doesn't change people's behaviour. It's time we start talking about how green issues can help people get what they want. Like the time I had my reusable FilterForGood wa ter bottle with me on the subway and this hot chick was so impressed that she gave me her phone number and told me to call her for a date. Speaking of water, check out my campaign on filterforgood.com.

PROBLEM: Thinking about the environment makes me feel quilty.

**SOLUTION:** Here's my philosophy: If the green choices require me to sac-



rifice, I just don't make them. My sole mission in life is not to reduce my eco-impact to zero. I have other priorities, like you too. With that said, I'm typing this article on one of the most energy efficient laptops available (see epeat.net); I'm dressed in stylish clothing made

from recycled materials (see nau.com, which ships worldwide); and I'm wearing high-performance boots from Timberland made with eco-friendly materials. Green is not about sacrifice — it's about embracing innovation.

PROBLEM: I'm into being green, but I already recycle, turn off the water when brushing my teeth, etc. What's next?

SOLUTION: All sorts of amazing choices. In many countries, you can get solar panels for your home through a zero-money down lease. There are websites that will pay you to recycle your unwanted electrical goods. And other sites help you rent or borrow almost everything you need. It's called Freecycle; just Google it and start saving. @METRO

## **ECO-FRIENDLY BEDS**



What do you recommend when it comes to shopping for an eco-friendly mattress? Nicole of Vancouver

mattress is a big purchase not to be taken lightly, given the number of hours you'll use it, the years you'll need it to last and the cost. They're not

all that easy to dispose of either.

Natural fibres are the best. Options for mattresses (and pillows and bedding) include wool, silk, hemp, organ-

ic cotton and natural latex. Avoiding synthetic fabrics and fibres derived from petrochemicals, like polyurethane foam, also eliminates concerns about offgassing of volatile organic compounds (VOCs).

Natural options mean you needn't lose sleep worrying about mites and fire resistance either! Conventional mattresses tackle these with chemical treatments and toxic compounds, but wool naturally repels dust mites and natural latex foam is fire-resistant. Addressing mattress ecofriendliness wouldn't be complete without mentioning PBDEs. These are a group of

synthetic chemicals added as fire retardants. PBDEs are not

produced in Canada but are imported by manufacturers and in consumer products (e.g., televisions, furniture, carpets, and curtains). Mattresses

made in Canada generally do not contain these flame retardants, but it is always good to ask. Also, avoid additives used to repel stains and water.



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## Ethical purchasing

### • Study shows Canadians making informed decisions

When it comes to making a statement, Canadians are picking boycotts over protests and petitions.

More Canadians are buying or boycotting products for ethical reasons, while most other forms of civic engagement have stalled or waned, according to a new Statistics Canada report.

The study released Tuesday suggests 27 per cent of Canadians chose or rejected products based on ethical concerns in 2008, up from 20 per cent in 2003.

The change is "quite substantial," particularly

for such a short period of time, said the study's author, Martin Turcotte, a senior analyst specializing in social trends.

"There was an increase for almost every subgroup of society," meaning the trend isn't due to the aging population, Turcotte said Tuesday.

Meanwhile, the number of people who signed a petition, attended a public meeting or participated in a public march declined over the five years of the study. Signing a petition dropped to 24 per cent from 28 per cent, going to

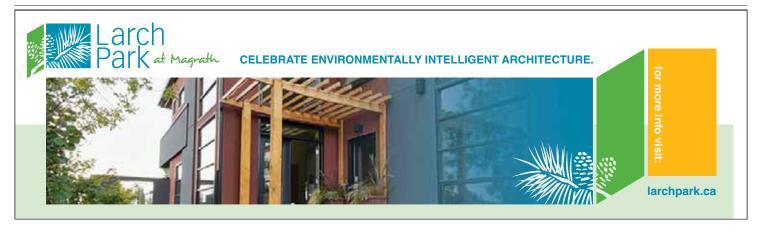
a meeting dropped to 19 per cent from 23 per cent and only three per cent reported protesting, down from five per cent.

Yves Plourde, a doctoral student at the Richard Ivey School of Business in London, Ont., thinks ethical buying is gaining popularity because it requires little effort.

"I think people realize more and more that it's a cheap way to send a message to a company," said the 27-year-old, who studies how large corporations operate.

THE CANADIAN PRESS





## Expand your network

When it comes to landing a new gig, we all need a little help from our friends (and Facebook acquaintances). Marcia Heroux Pounds, author of I Found a Job! Career

Advice from Job Hunters Who Landed on Their Feet, shares tips on how to network your way to a new job.

Get involved Look for networking groups that have a broader membership than those in career transition: ExecuNet, which has chapters across the country, is a group that brings executives, recruiters and business leaders together for discussion in person and online. Leadership organizations

Leadership organizations can also be great. Toastmasters, which helps people become comfortable with public speaking, is a way to meet people from many different industries.

**Volunteer your expertise** Use your knowledge in a field to help others. It can bene-

fit you in your job search.

Employers want to hire those highly regarded in their fields. Volunteering provides the opportunity to build a reputation while making contacts.

Be curious As you're networking or just running errands, be aware of what's going on around you and ask questions. Curiosity usually leads to discovery.







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She stood in court staring into the eyes of her brother's killer. Annette Stanwick had endured many months of anger and pain but as she read her victim impact statement, she faced a turning point in her life. It was at that moment that she decided to let go of her anger. When she told

# FREEDOM IN FORGIVENESS



the convicted murderer that she forgave him, she walked away a changed woman

"When you forgive it doesn't change what has happened but it helps to release the negative emotions you hang on to."

Stanwick went on to write an award winning book called Forgiveness: The Mystery & Miracle, and now is a much sought after international public speaker. When she's not working as a VP at Gimbel Eye Centre in Calgary, she gives seminars and even speaks in prisons. Annette is enjoying life to its fullest, even riding Harley motorcycles with her husband. "Terrible things happen in life. Acknowledge the pain then let go of the fear and anger that are holding you back. We can rise above them. Climb the mountain. The view from the top is amazing.'

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## For some, it takes two

Nicholas MacLeod knows that owning not one but two smartphones doesn't exactly win him many points in the cool

department.

If anything, it draws just strange looks and sarcastic remarks.

"I'd like to think I'm popular enough to have two phones but it's not the jokes MacLeod, 20, a developer web from Charlottetown who takes a BlackBerry Bold

9700 and iPhone 3G everywhere he goes.

"The two them do very different things and I've always said if someone could come up with an iBerry - that com-bined all the features I like from each - I would be super happy and would have for need just

"There are a lot of people who would settle for just taking the BlackBerry as it is, or the iPhone as it is. I just wasn't willing to do that."

Look around on the bus, in malls and coffee shops and you'll occasionally see that relatively rare

no jumps phones to breed of tech enthusiast between make calls, text, tweet or load apps.

"I've been doing it for years and I see a lot of people that are, what I call, 'doublefist-ing,'" said Nick Bontis, a profes-sor at McMaster University who Hamilton. Blackcarries a Berry Torch and iPhone 4.

"It does look weird to people when you have one and you pull out another one

but, in some cases, it's easier. Every day I'm using both at once.

Bontis there are several reasons he and others use multiple phones, besides a fetish for the latest and greatest.

For one, he suggests people with work-issued smartphones should really be

thinking about how appropriate it is to use them for

personal reasons. "A lot of people still don't realize that the organization owns your email account and people, I think, often make mis-

takes when it's too late,"

he said.

## Teens unplugged

A working mom takes her family off the grid for six months and lives to tell the tale Pens a memoir entitled The Winter of Our Disconnect

Susan Maushart lived out every parent's fantasy: She unplugged her teenagers.

For six months she took away the Internet, TV, iPods, cellphones and video games. The eerie glow of screens stopped lighting up the family room. Electronic devices no longer chirped through the night like "evil crickets." And she stopped carrying her iPhone into the bathroom.

The result of what she grandly calls "The Experiment" was more OMG than LOL — and nothing less than an immersion in RL (real life).

As Maushart explains in a book released in the U.S. this week called The Winter of Our Disconnect, she and her kids rediscovered

small pleasures - like board games, books, lazy Sundays, old photos, family meals and listening to music together instead of everyone plugging into their own iPods.

Her son Bill, a video game and TV addict, filled his newfound spare time playing saxophone.

"He swapped Grand Theft Auto for the Charlie songbook," Maushart wrote. Bill says The Experiment was merely a "trigger," and he would have found his way back to music eventually. Either way, he got so serious playing sax that when the gadget ban ended, he sold his game console and is now studying music in college.

Maushart's eldest, Anni,

The Experiment was the least dramatic. Her friends thought the ban was "cool." If she needed computers for schoolwork, she went to the library. Even now, she swears off Facebook from time to time, just for the heck of it. Maushart's youngest daughter, Sussy, had the hardest time going off the grid. Maushart had decided to allow use of the Internet, TV and other electronics outside the home, and Sussy immediately took that option, taking her laptop and moving in with her dad — Maushart's ex-husband — for six weeks. Even after she returned to home, Maushart's

was less wired and more

bookish than the others, so

her transition in and out of

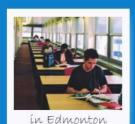
spent hours on a landline phone as a substitute for texts and Facebook.

But the electronic deprivation had an impact any-Sussy's improved substantially. Maushart wrote that her kids "awoke slowly from the state of cognitus interruptus that had characterized many of their waking hours to become more focused logical thinkers.

Maushart decided to unplug the family because the kids - ages 14, 15 and 18 when she started The Experiment - didn't just "use media," as she put it. They "inhabited" media. "They don't remember a time before email, or instant messaging, or Google," she WTOTE. THE ASSOCIATED PRESS



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## Where a horse is not just a horse

What is it about girls and horses?

Whether raised as country or city girls there is something about the grace and elegance of the noble horse that tends to appeal to females of all ages.

They apparently are also excellent listeners.

Kayleigh was only 12 when she gave up on traditional counselling and started to break down.

"My Mom has depression and anxiety and I walked in on her trying to kill herself so that's pretty hard to deal with when you're about 10 years old. After that I kind of shut down," she said softly.

"So I went to Sue at 12, talking about my Mom. Then when I was 14 my parents were getting divorced and then it was, 'Now what?"

"I'm perfect now," she said with a giggle.

said with a giggle.
"Sue" is Sue McIntosh,
who set up Healing
Hooves near the tiny community of Cremona,

"I couldn't have got through being a teenager without my horse and I knew even as an adult my horse is what kept me sane."

SUE MACINTOSH,
FOUNDER OF HEALING HOOVES

northwest of Calgary, more than a decade ago and practises Equine Facilitated Wellness and Animal Assisted Therapy.

Since then more than a thousand troubled teens, most of them girls, have discovered that while it is next to impossible to talk about your demons — a horse can work wonders.

"I knew that horses had helped me as a teenager and I couldn't have got through being a teenager without my horse and I knew even as an adult my horse is what kept me sane," said McIntosh with a smile.

"I just wanted to share



that with people and I was very interested in psychology and just wanted to help people."

About 60 per cent of the clientele are referrals

from social services and the remainder from private placements.

They all have one thing in common. They are looking for ways to deal with their personal problems that traditional counselling could not provide.

"You sit there and they make you draw pictures or they ask you to try and identify things through toys. You don't want to be there anyway but you know you're there to talk but you don't want to talk," sighed Kayleigh.

"The minute I got on that horse I was a totally different person. It's quite amazing."

McIntosh said a laidback approach and time spent with the horses can get her clients to open up. Often her approach is seen as a "last resort" for kids who have had bad experiences with traditional counselling.

"We need to be letting someone take care of us. We need to be resting with someone who cares about us and who we trust. That peace seems to be missing from so many peoples lives."

Tracey, 19, said the horses are "really calm creatures."

"If you spend a lot of time with them they'll learn to trust you and you can pretty well do anything you want," she said while sitting bareback on Sky, who was casually munching a wad of hay.

THE CANDIAN PRESS





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# Teacher's study makes a splash

• Ryerson professor links improper hand-washing to the spread of gastrointestinal problems in schools

A professor is advocating the importance of handwashing, and how it can go a long way toward keeping students healthy, after a study on preventing school-based gastrointestinal outbreaks was conducted.

Prof. Marilyn Lee, who teaches in Ryerson University's School of Occupational and Public Health, says that lack of handwashing and improper food handling are two of the major reasons for the spread of the uncomfortable symptoms associated with gastrointestinal upsets.

In the confined space of a classroom, gastrointestinal illnesses can spread quickly, Lee said in an interview from Guelph, Ont.

Lee is the lead author of A Review of Gastrointestinal Outbreaks in Schools:



Effective Infection Control Interventions. The study, in the December 2010 issue of the Journal of School Health, deals with food preparation in schools from kindergarten through university/college.

Typically, gastrointestinal illnesses are short-lived and their symptoms — cramps, fever, vomiting and diarrhea — don't require medical treatment. Some children, however, require hospitalization and even, in the case of E. coli contamination, can die from their condition.



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Quoted



#### "There's a lot of fake tough guys in this league and he's one of them."

KEVIN DURANT ON CHRIS BOSH AFTER THE TWO HAD AN ON-COURT ARGUMENT YESTERDAY THAT LED TO A TECHNICAL FOUL FOR DURANT. DURANT SAYS HE WAS UPSET BECAUSE BOSH GOT INVOLVED IN HIS CONVERSATION WITH A TEAMMATE.

"I think he was telling Harden to dunk on me, or dunk the next one. I expressed that, 'No, he's not going to dunk that.' And he expressed, 'Yes, he is.' It just kind of went back and forth." CHRIS BOSH GIVES HIS TAKE

ON WHAT HAPPENED.





## Stars show off shinny skills

New player draft format creates buzz going into weekend, but fails to add life to game Chicago's Patrick Sharp wins MVP with three points

Eric Staal and his Carolina Hurricanes teammates were unable to capitalize on home-ice advantage and the NHL's all-star game was unable to live up to the hype created by its new for-

The Hurricanes captain did his best by scoring twice yesterday, but Team Lidstrom walked away with an 11-10 victory.

There were no standout performances or real buzz

something that was in large supply during Friday's draft and Saturday's skills competi-

Anze Kopitar and Danny Briere led the way for Team Lidstrom with two goals apiece. Dustin Byfuglien, Loui Eriksson, Matt Duch-Steven Stamkos, ene, Jonathan Toews, Marty St. Louis and Loui Eriksson each had one.

Staal and Kris Letang

each had two goals for Team Staal while Alex Ovechkin, Paul Stastny, Patrik Elias, Claude Giroux, Patrick Sharp and Rick Nash had the others.

The league went with a different format this year – putting the power in the hands of the players by having captains Staal and Nicklas Lidstrom select the teams.

As in years past, the intensity didn't pick up until the minutes wound down.

There were countless odd-man rushes and some nice goals, none more popular than the one Staal scored on a breakaway 3:49 into the third period to tie the game 7-7.

A goal by St. Louis at 13:54 put Team Lidstrom ahead 10-8 and Team Staal couldn't complete the comeback. Eriksson scored into an empty net.

THE CANADIAN PRES

## G'day at Open for Djokovic

Novak Djokovic gave his old friend Andy Murray a sympathetic hug and a few consoling words, then got on with the real celebrations

Diokovic walked to the middle of the court, tossed his racket into the crowd, then stripped off his shirt and shoes and hurled them, too.

The 23-year-old Serb had plenty to celebrate after his 6-4, 6-2, 6-3 win over Murray in the Australian Open final vesterday. Djokovic's second Australian title made him only the fourth active player on the men's tour to win multiple majors. Rafael Nadal and Roger Federer have had a lock on the men's side, winning 21 of the previous 23, while Lleyton Hewitt has two titles — the last coming at Wimbledon in 2002.

"It's been a fantastic tournament for me,' Djokovic said. "I don't want to fly up to the sky and say, 'I am the best,' or whatever, I cannot compare to Rafa and Roger's success."

He's the most successful player so far in 2011. though, and that's what counts right now.

"Certainly this will give me a lot of motivation for the continuation of the season, because to win a Grand Slam at the start of the season is the best start you can ask for," he said. 'It means a world to me. I'm still 23. I still have a lot of time to go.'

THE ASSOCIATED PRESS

Australian Open champion Kim Clijsters will move up one spot to No. 2. Caroline Wozniacki will hold onto the women's No. 1.

## Woods has 'work to do' after rough beginning

Tiger Woods began a new year with his worst season debut. Woods failed to birdie a par 5 for the second time this week and closed with a 3-over 75 yesterday in the Farmers Insurance Open, ending his five-tournament winning streak at Torrey Pines with a middleof-the-pack finish.

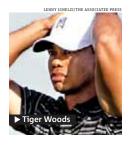
"I have some work to

do," Woods said. "There's no doubt about that.

He had never finished out of the top 10 in the PGA Tour event at Torrey Pines.

Bubba Watson made clutch putts on the last two holes, including a 12foot birdie on the par-5 18th for a 5-under 67 to win the tournament.

THE ASSOCIATED PRESS



## **Sports in brief**

## **Curling delays** CBC's all-star coverage

**CURLING.** Curling trumped NHL hockey, at least for a while yesterday. Mike McEwen edged Glenn Howard 5-4 in an extra end to capture the BDO Canadian Open. But the length of the final ran late, forcing CBC to delay its coverage of the NHL all-star

game in Raleigh, N.C., by roughly 20 minutes.

"As it should," said Howard. "It's just an allstar game, it's really not that big a deal. THE CANADIAN PRESS

### **NHLers back Quebec team**

NHL. Quebec City is the Canadian locale most deserving of an NHL team while both fighting and the instigator rule have a place in the game. according to a poll of the league's players. THE CANADIAN PRESS

### **NATIONAL HOCKEY LEAGUE**

ASTERN CONFERE	NCE	
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	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-7-0-2	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-2-3	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-3	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

#### WESTERN CONFERENCE

	UP	vv	_ L	UIL	3L	Ur	UA	PLS	nome	Awdy	rq2( TO	Suk
d-Vancouver	50	31	10	4	5	165	121	71	17-3-1-4	14-7-3-1	4-2-1-3	W2
d-Detroit	49	30	13	4	2	166	143	66	15-6-3-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	50	27	17	4	2	134	119	60	11-4-3-2	16-13-1-0	6-4-0-0	L2
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	50	25	19	4	2	139	138	56	12-10-2-1	13-9-2-1	4-5-0-1	L1
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	50	27	22	1	0	143	124	55	17-9-1-0	10-13-0-0	5-5-0-0	W3
Calgary	51	24	21	2	4	144	152	54	14-9-0-1	10-12-2-2	6-1-1-2	W4
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
St. Louis	49	22	20	3	4	130	146	51	15-8-1-2	7-12-2-2	2-7-1-0	L4
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

$$\label{eq:def} \begin{split} & d-\text{division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column. \end{split}$$

Ottawa at New Jersey, 7 p.m.

Pittsburgh at N.Y. Rangers, 7 p.m.

Montreal at Washington, 7 p.m. Boston at Karolina, 7 p.m. N.Y. Islanders at Atlanta, 7 p.m. N.Y. Islanders at Atlanta, 7 p.m. Philadelphia at Tampa Bay, 7:30 p.m. Colorado at St. Louis, 8 p.m. Calgary at Nashville, 9 p.m. Los Angeles at Minnesota, 8 p.m. Vancouver at Dallas, 8:30 p.m. Vancouver at Dallas, 8:30 p.m. Phopolay at San Jes. 10 p.m.

Penalty — None Missed penalty shot — Duchene Lid, 6:13. Shots

Referees - Tom Kowal, Kevin Pollock, Lines-

men — Don Henderson, Darren Gibbs. Att. — 18,680 (18,680) at Raleigh, N.C.

NHL ALL-STAR MVPS

(NOT AWARDED BEFORE 1962) (X-GOALTENDER)

(X-GOALTENDER) 2011 - Patrick Sharp, Chicago 2010 - Game Not Held (Olympics) 2009 - Alex Kovalev, Montreal 2008 - Eric Staal, Carolina 2007 - Daniel Briere, Buffalo 2006 - Game Not Held (Olympics) 2005 - Game Not Held (lockout)

2004 - Joe Sakic, Colorado 2003 - Dany Heatley, Atlanta

2002 - Eric Daze, Chicago 2001 - Bill Guerin, Boston

Name Team Steven Stamkos Tampa Bay

Sidney Croshy Pittsburg

niel Sedin Vancou

Patrick Sharp Chicago

Corey Perry Anaheim Eric Staal Carolina

Danny Briere Philadelphia

GOAL SCORING

Phoenix at San Jose, 10 p.m.

Montreal at Washington, 7 p.m.

#### ALL-STAR WEEKEND

ALI-STAR WELEKIND
At Raleigh, N.C.
Yesterday's results
All-Star Game
Team Lidstrom 11 Team Staal 10
Saturday's result
Skills Competition
Team Staal def. Team Lidstrom, 33-22
Tonich's can

Tonight's game No Games Scheduled.

Tomorrow's games Florida at Toronto, 7 p.m.

#### TEAM LIDSTROM 11, TEAM STAAL 10

- First Period

  1. Team Staal, Ovechkin (Chara, Green) 0:50

  2. Team Staal, Staatsry (Sharp, Badkes) 2:48

  3. Team Staal, Elias (Stastny, Green) 3:20

  4. Team Staal, Giroux (Sharp, Badkes) 5:41

  5. Team Lidstrom, Kopitar (Weber) 10:50

  6. Team Lidstrom, By Lighelin (Kane, Keith) 13:17
- 7. Team Lidstrom, Eriksson (Toews) 16:07 8. Team Lidstrom, Duchene (Lidstrom, Weber) 16:30

## Penalties — None.

Second Period

9. Team Staal, Sharp (Giroux) 1:18

10. Team Staal, Letang (D.Sedin, Ovechkin)

11. Team Lidstrom, Kopitar 2 (Eriksson, Havlat) 10:08 12. Team Lidstrom, Stamkos (St Louis,

B.Richards) 14:11

13. Team Lidstrom, Briere (H.Sedin, Weber) 15:31

## Penalties — None. Third Period

14 Team Staal F Staal (Perry Nash) 3:49 15. Team Staal, Letang 2 (Elias, Skinner) 8:46 16. Team Lidstrom, Briere 2 (H.Sedin, Weber)

10. Team Lidstrom, Briefe 2 (H.Sedifi, Weber) 9:57 17. Team Lidstrom, Toews (Eriksson, Havlat) 10:45 18. Team Lidstrom, St. Louis (Burns) 13:53

 Team Staal, Nash (Perry, Chara) 15:11
 Team Lidstrom, Eriksson 2 (Toews, Havlat) 18:49 (en)

21. Team Staal, E.Staal 2 (Boyle, Backes)

**GOLF** 

### PGA FARMERS INSURANE OPEN At San Diego Par 72

Final Round Bubba Watson, \$1,044,000 Phil Mickelson, \$626,400 71-65-69-67-272 67-69-68-69-273 69-69-71-66-275 Dustin Johnson, \$336,400 Jhonattan Vegas, \$336,400 69-69-69-68-275 Jhonattan Vegas. \$236,400

Ale Apints, \$222,000

Nick Watney, \$194,300

Anthony Kim, \$194,300

Anthony Kim, \$194,300

Troy Matteson, \$150,800

Brandt Snedeker, \$150,800

Billy Mayfair, \$212,800

Billy Mayfair, \$212,800

Kevin Sutherland, \$104,400

Kevin Sutherland, \$104,400

Kevin Sutherland, \$104,040 69-69-68-275
70-73-68-68-67-276
70-73-72-63-278
68-67-71-72-278
68-67-71-72-278
69-67-71-72-71
69-71-70-72-79
70-69-71-70-280
71-68-73-69-81
70-66-74-72-81
70-68-74-70-280 Kevin Sutherland, \$104,400 Brendan Steele, \$87,000 Tom Gillis, \$87,000 72-70-69-71-282 David Duval, \$87,000 Vijay Singh, \$65,192 70-70-71-71-282 72-71-71-69-283 72-71-71-69-283 69-70-72-72-283 72-69-71-71-283 71-71-69-72-283 65-71-73-74-283 68-72-73-71-284 72-70-72-70-284 67-74-70-73-284 67-69-73-75-284 70-71-72-72-285 71-71-71-72-285 68-74-70-73-285 Pat Perez, \$65,192 Joe Durant, \$65,192 Joe Durant, \$65,192 Spencer Levin, \$65,192 Rickie Fowler, \$65,192 Ben Martin, \$46,255 Justin Rose, \$46,255 Keegan Bradley, \$46,255 Fredrik Jacobson, \$46,255 a-Anthony Paolucci Bill Lunde (37), \$33,814 Tim Herron (37), \$33,814 Paul Stankowski (37), \$33,814 Cark Miller (37), \$33,814 Chris Couch (37), \$33,814 KJ, Choi (37), \$33,814 68-74-70-73-285 67-73-72-73-285 69-71-72-73-285 70-71-74-70-285 K.J. Choi (37), \$33,814 72-69-74-70-285 71-69-71-74-285 Jimmy Walker (37), \$33,814 73-70-73-69-285 71-68-71-75-285 72-69-72-73-286 Garrett Willis (37), \$33,814 Blake Adams (37), \$33,814
71-68-71-75-285
south Gutschewski (30), \$24,360
D. J. Brigman (30), \$24,360
P. 27-09-71-73-286
Rhartin Piller (30), \$24,360
P. 37-68-72-74-286
Martin Piller (30), \$24,360
P. 70-71-73-71-286
Hunter Haas (24), \$118,096
P. 69-88-75-75-287
Camilo Villegas (24), \$18,096
P. 69-87-75-72-287
Also
Miles Weir (1), \$10,788
P. 72-78-75-295
P. 72-78-75-295 Blake Adams (37), \$33,814

EUROPEAN PGA VOLVO CHAMPIONS

VOLVO CHAMPION At Riffa, Bahrain Par 72 Final Round Paul Casey, England Peter Hanson, Sweden Miguel Angel Jimenez, Spain Stephen Gallacher, Scotland Robert Karlsson, Sweden Johan Edfors, Sweden Noh Seung-Yul, Korea 67-67-66-68—268 66-67-67-69—269 68-65-69-67—269 70-64-69-67—270 69-67-69-66—271 64-71-68-69—272 69-68-70-65—272

### BOBSLED

### WORLD CLIP

At St. Moritz, Switzerland
1. Latvia 1 (Edgars Maskalans, Daumants
Dreiskens, Ugis Zalims, Intars Dambis), two
minutes, 9.34 seconds (1:05.11-1:04.23); 2. Switzerland 2 (Beat Hefti, Roman Handschin Thomas Lamparter, Manuel Luethi), 209.36 (1.0493-1.04.37). 3 Germany 1 (Manuel Machata, Richard Adjei, Andreas Bredau, Christian Poser), 2:09.50 (1:05.04-1:04.46); Also: 9. Canada 1 (Lyndon Rush, Humboldt, Saake, Justin Wilkinson, Calgany; Cody Sorensen, Ottawa, Neville Wright, Edmonton) 2:10.14 (1:05.45-1:04.69) World Cup Four-Man Standings (After seven of eight events) Thomas Lamparter, Manuel Luethi), 2:09,36

1. Manuel Machata, Germany, 1,461 points; 2. Steven Holcomb, U.S., 1,346; 3. Karl Angerer, Germany, 1,266; 4. Alexander Kasjanov, Russia, 1,216; 5. Alexsandr Zubkov, Russia, 1,195; 6. Lvndon Rush, Humboldt, Sask., 1.152; 7.

o. Lynuon Rush, Humboldt, Sask., 1,152; 7. Edgars Maskalans, Latvia, 1,003; 8. Patrice Servelle, Monaco, 982; 9. Gregor Baumann, Switzerland, 978; 10. Simone Bertazzo, Italy, 968.

#### SOCCER

#### **ENGLAND**

#### FA CUP

Fourth Round
Yesterday's results
Arsenal 2 Huddersfield 1
Fulham 4 Tottenham 0
Notts County 1 Manchester City 1
West Ham 3 Nottingham Forest 2
Wolverhampton 0 Stoke 1

### **FRANCE**

#### LIGUE 1

Yesterday's results Bordeaux 2 Nice 0 Monaco O Marseille O Nancy 1 Montpellier 2

#### **GERMANY**

#### RUNDESLIGA

Yesterday's results Eintracht Frankfurt 0 Borussia Moenchenglad bach 1

### **ITALY**

#### SERIE A

Yesterday's results Brescia 0 Chievo Verona 3 Cagliari 2 Bari 1 Genoa 3 Parma 1

Stuttgart 0 Freiburg 1

Inter Milan 3 Palermo 2 Juventus 1 Udinese 2 Lecce 1 Cesena 1 Napoli 4 Sampdoria 0 logna vs. AS Roma (ppd.)

#### SCOTI AND

#### LEAGUE CUP

Semifinal Yesterday's result Rangers 2 Motherwell :

PREMIER LEAGUE **Yesterday's result** Dundee United 3 Hibernian 0

#### **SPAIN**

#### LA LIGA

Yesterday's results Atletico Madrid 0 Athletic Bilbao 2 Espanyol 0 Villarreal 1 Osasuna 1 Real Madrid 0

### LACROSSE

#### EAST DIVISION

	GI	1	Ν	L	Pct.	GF	GA	GB	
Toronto		5	4	1.	.800	62	50	_	
Philadel	phia !	5	3	2.	600	46	45	1	
Buffalo	4	1	2	2.	500	38	38	11/2	
Rochest	er 4	1	2	2.	500	38	48	11/2	
Boston		5	3	3.	500	55	46	11/2	

	GP	W	L Pct.	GF	GΑ	GB
Minnesota	4	3	1 .750	46	37	_
Calgary	6	4	2 .667	71	69	_
Washington	5	2	3 .400	59	64	11/2
Colorado	4	1	3 .250	39	41	2
Edmonton	5	0	5 .000	44	59	31/2
Week Four						

Saturday's results

Calgary 12 Edmonton 11 (OT) Toronto 8 Buffalo 5 Roston 16 Rochester 7 Boston 16 Rochester 7 Minnesota 11 Washington 10 (OT) Philadelphia 12 Colorado 11 Friday's results Calgary 15 Edmonton 11 Philadelphia 11 Boston 5

### **TENNIS**

## AUSTRALIAN OPEN

At Melbourne, Austral Men

Novak Djokovic (3), Serbia, def. Andy Murray (5), Britain, 6-4, 6-2, 6-3.

Doubles Mixed Championship

Katarina Srebotnik, Slovenia, and **Daniel Nestor (2), Toronto,** def. Chan Yung-jan, Taiwan, and Paul Hanley, Australia, 6-3, 3-6, 10-7 tiebreak.

#### SKIING

#### MEN'S SUPER-COMBINED

At Chamonix, France Yesterday's results (downhill run first, slalom second):

L. Ivica Kostelic, Croatia, 2 minutes, 57.12 seconds (2:02-47-54.65); 2. Natko Zrncic-Dim, Croatia, 2:57.63 (2:01.04-56.59); 3. Aksel Lund Svindal, Norway, 2:57.65 (2:00.05-57.60) Also 29. Benjamin Thomsen, Ivermere, B.C., 3:04.50 (2:03.01, 1:01.49). World Cup Super-Combined Standings (After three of four events)

(Arter three of four events)

1. Ivica Kostelic, Creatia, 300 points; 2. Silvan Zurbriggen, Switzerland, 143; 3. Kjetil Jansrud, Norway, 132

Overall World Cup Standings
(After 25 events)

1. Ivica Kostelic, Croatia, 1,178 points; 2. Silvan Zurbriggen, Switzerland, 703; 3. Didler Cuche, Switzerland, 673

SKI JUMP At Willigen, Germany Large Hill

Large Hill

1. Severin Freund, Germany, 289.1 points
(143.5 metres-139.0 metres); 2. Martin Koch,
Austria, 286, 9 (141.5-140.5); 3. Simon Ammann, Switzerland, 284.5 (143.0-140.5)
World Cup Standings
1. Thomas Morganstern, Austria, 1,434
points; 2. Simon Amann, Switzerland, 1,013;
3. Andreas Kofler, Austria, 930.

#### SPEEDSKATING

### WORLD CUP

WORLD CUP

At Moscow
Men
J. At Moscow
Men
J. Stefan Groothuis, Netherlands, 1 minute,
08.82 seconds; 2. Denny Morrison, Fort St.
John, B.C., 109,57; 3. Mikael Flying-Larsen,
Norway, 1:09,65; 4. Aleksey Yesin, Russia,
1:09,82; 5. Matteo Anesi, Italy, 1:09,90; Also:
9, Philippe Riopel, Lachenaie, Que, 1:10.18
World Cup 1:000 Standings
(After seven of eight races)
1. Stefan Groothuis, Netherlands, 430; 2. Lee
Kyou-hyuk, South Korea, 40; 2. Shani Davis,
U.S., 380; 4. Simon Kuipers, Netherlands, 430;
U.S., 380; 4. Simon Kuipers, Netherlands, 530;
5. Denny Morrison, Fort St. Lohn, B.C., 291.
Team Pursuit
1. Russia (Ivan Skobrev, Pavel Baynov, Aleksandr Rumyantsev), 3:43-71; 2. Norvay
(Havard Bolkok, Mikael Flyjind-Larsen, Sverre
Lunde Pedersen), 3:46,68; 3. Germany (Patrick
Beckert, Marco Weber, Robert Lehmann),
3:47-15; 4. Canada, 3:47,17
World Cup Team Pursuit Standings:
1. Norvay, 270; 2. Russia, 250; 3. U.S., 232, 4.
Canada, 220; 5. Germany, 174.
Women

1. Christine Nesbitt, London, Ont., 1:15.59; 2. 1. Christine Nesbitt, London, Orit., 115-97. Linean Wust, Netherlands, 1:15-94. Heather Richardson, U.S., 1:16.18 Also: 7. Brittany Schussler, Winnipeg, 1:16.71 World Cup 1,000 Standings (After seven of eight races) 1. Heather Richardson, U.S., 560; 2. Christine Nesbitt, London, Ont., 500; 3. Nao Kodaira, Janan 330

Japan, 339
Team Pursuit

1. Netherlands (Marrit Leenstra, Diane
Walkenburg, Ireen Wust), 3:01.13; 2. Norway
(Ida Njatun, Mari Hemmer, Hege Bokko),
3:03.02; 3. Germany (Stephanie Beckert, Isabell Ost, Jennifer Bay), 3:04.11; 4. Russia,
3:06,5:3; 5. Ganada, 3:07.20
World Cup Team Pursuit Standings:

1. Netherlands, 3:00; 2. Germany 2:50; 3. Norway, 2:50; 4. Russia, 2:20; 5. Canada, 175.

#### **NBA**

## EASTERN CONFERENCE

LUZI FILIT COLL	LASTERIA COM LIVERCE											
	W	L	Pct	GB								
d-Boston	36	11	.766	_								
d-Chicago	33	14	.702	3								
d-Miami	33	14	.702	3								
Orlando	31	17	.646	51/2								
Atlanta	30	18	.625	61/2								
New York	25	22	.532	11								
Philadelphia	21	26	.447	15								
Charlotte	20	26	.435	151/2								
Milwaukee	19	26	.422	16								
Indiana	17	27	.386	171/2								
Detroit	17	31	.354	191/2								
New Jersey	14	34	.292	221/2								
Washington	13	33	.283	221/2								
Toronto	13	35	.271	231/2								
Cleveland	8	39	.170	28								

#### WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	40	7	.851	_
d-L.A. Lakers	33	15	.688	71/2
Dallas	31	15	.674	81/2
d-Oklahoma City	30	17	.638	10
New Orleans	31	18	.633	10
Denver	28	19	.596	12
Utah	28	20	.583	121/2
Portland	25	22	.532	15
Memphis	24	24	.500	161/2
Phoenix	22	24	.478	171/2
Houston	22	27	.449	19
Golden State	20	27	.426	20
L.A. Clippers	18	28	.391	211/2
Sacramento	12	33	.267	27
Minnesota	11	36	.234	29

### d-division leader

Yesterday's results Miami 108 Oklahoma City 103 Boston 109 L.A. Lakers 96 Orlando 103 Cleveland 87 Philadelphia 110 Denver 99 New York 124 Detroit 106 Phoenix 104 New Orleans 102

Golden State 96 Utah 81 Saturday's results

Chicago 110 Indiana 89 Memphis 107 Washington 93 Minnesota 103 Toronto 87 Dallas 102 Atlanta 91 Milwaukee 91 New Jersey 81 San Antonio 108 Houston 95 Sacramento 102 New Orleans 96

L.A. Clippers 103 Charlotte 88 Tonight's games
(All times Eastern)

Toronto at Indiana, 7 p.m. Denver at New Jersey, 7 p.m. Cleveland at Miami 7:30 n m Orlando at Memphis, 8 p.m Washington at Dallas, 8:30 p.m. Charlotte at Utah, 9 p.m. Milwaukee at L.A. Clippers, 10:30 p.m.

Tomorrow's games
Washington at New Orleans, 8 p.m. San Antonio at Portland, 10 p.m.

Boston at Sacramento, 10 p.m. Houston at L.A. Lakers, 10:30 p.m.

#### CURLING

### **BDO CLASSIC CANADIAN OPEN**

At Oshawa, Ont. Yesterday's result

Championship Mike McEwen 5 Glenn Howard 4 (extra end)

### NFL

### PRO BOWL Last night's result All times Eastern

At Honolulu NFC 55 AFC 41 SUPER BOWL XLV

Sunday, Feb. 6 At Arlington, Texas Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

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### Crossword

#### Across 1 Humpty Dumpty,

e.g. 4 Recede 7 Stroller 11 Let fall 13 Pitch 14 Emana-tion 15 Comical Carvey 16 Cassius Clay, now

16 Cassius Clay, now 17 Foot fraction 18 Follows orders 20 Lascivi-ous

24 Under-stand 28 Self-indulgent spender 32 Cohort of Brahma

22 Help

and Vishnu 33 Owl's call 34 Auction offer

36 Always 37 Draw a conclusion 39 Clothing fasteners

41 Villainous sort 43 Luau bowlful 44 Frog's cousin

46 — salts 50 Likely name for a poodle 53 Showbiz job

55 Otherwise 56 Hodge-podge

57 Deposit 58 Charac-terization 59 Singer Campbell 60 Shady tree

### Down

1 Taro root 2 Snatch

61 Stir-fry pan

3 Vanished 4 Greek vowel

13 14 12 15 17 16 18 19 20 21 22 23 24 26 28 29 31 32 34 35 37 38 39 40 41 42 43 45 46 48 50 51 53 54 55 58 56

5 "I Love Lucy" star 6 Concise 7 Bore an expense 8 Scoot 9 Curved line

59

10 — -jongg 12"Listen up!" 19 Madam's counterpart 21 Existed

23 Society newcomer 25 Bees' home 26 Finished

27 Fourth planet 28 Caprice 29 Top-notch 30 Couch 31 Claiborne of fashion

60

35 Quick swim 38 — de Janeiro 40 "The Raven" writer 42 American bird 45 Rotary phone

feature 47 Time-consuming 48 Norway's capital

49 Timid 50 Visibility hindrance 51 Under the weather 52 "Curse you!"

54 Phys. ed. venue

## Sudoku

			8	4			
	2	7	3	1	4	5	
	6	5			1	8	
			6	3			
3							7
			4	2			
	4	9			7	1	
	8	2	1	6	9	3	
			7	5			

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

TODAY

Min -26

Yesterday's answer ▶

TUESDAY

Min -18°

6	9	2	8	5	1	3	4	7
8	5	3	4	7	9	6	1	2
4	1	7	2	6	3	9	8	5
2	4	6	5	3	7	1	9	8
9	8	5	1	4	2	7	3	6
3	7	1	9	8	6	5	2	4
1	6	8	7	9	4	2	5	3
5	3	9	6	2	8	4	7	1
7	2	4	3	1	5	8	6	9

## Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca My Dew Hunnie... We've been together for a 100 days now, and if this is what it's like to be in love you with you, then you have to be stay with me forever cause baby I loved every moment of it for the past 100 days. I love you, and I always will.
FROM YOUR LAWYER S2

Melinda, Happy 7th wedding anniversary!! Hope that we stay 2gether 4ever. You're the sexiest wife ever & you're always on my mind. Love your sexy smile and I enjoy being married to you Thanks for making me happy. Love Always & 4ever. MARC XOXO

Francesca, you are my light, my life, my everything! Thanks for supporting me through the rough times and for always being there for me! I love you and I can't imagine being with anyone else but you. Happy one month! Love, "CARL"

JOHN LEYBA/ THE ASSOCIATED PRE

## Today's horoscope

The March 21-April 20 The most important thing this coming week is that you do only what you are good at. No matter how many other things may be going on in the world, focus your attention on one thing only.

▼ Taurus April 21-May 21 Let other people have the last word today, especially on the work front where colleagues and employers are likely to be a bit argumentative.

II **Gemini** May 22-June 21 Others will go out of their way to pick holes in your arguments today – but that's okay because you'll simply ignore them.

G Cancer June 22-July 22 Re-

sist the temptation to look at the world you inhabit as a "bad" place—it's not. Some people can be very negative in their outlook but on every scale that matters the world is getting better by the day.

**IIP Virgo** Aug. 24- Sept. 22 Make sure that what someone is trying to get you interested in is worth the investment of time and energy you will be required to make. For today's crossword answers and for expanded horoscopes, go to metronews.ca

← Libra Sept. 23-Oct. 23 Cosmic activity in your fellow Air sign of Aquarius will fill your head with big ideas over the next few days but not all of those ideas will be practical, so don't qet carried away.

61

➤ Yesterday's answer

M Scorpio oct. 24-Nov. 22 A friend or work colleague may be a bit hurtful in some of the things they say but don't take it to heart.

#### → Sagittarius

Nov. 23-Dec. 21 You have nothing to prove and everything to look forward to, so stop fretting that you are on the wrong track because you are heading in exactly the right direction.

り Capricorn Dec. 22-Jan. 20 You may be suspicious that certain people are being supportive of you now, especially as they have been so negative in the recent past, but don't be too distrustful.

Max -16° Max -3°

Aquarius Jan. 21-Feb. 18
Your current run of good fortune shows no signs of coming to an end. On the contrary, the closer you get to Thursday's new moon the more you will be convinced that you cannot possibly lose.

H Pisces Feb. 19-March 20 At this time of year more than most you tend to see enemies at every turn but few if any of them exist outside your imagination, so get a grip on yourself and start getting things done. SALLY BROMPTON

## **Caption contest**

WEDNESDAY

Min -9°
Max 0°



Michele McDougall (B) BREAKFA

Weather Specialist
"My favourite part is reporting the

weather. It fascinates me, and as we know around here, it's always

changing, keeping forecasters on their toes". WEEKDAYS 6AM

WIN! You write it!

tion for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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